

The Parksider

AUTUMN 25 | ISSUE 04

SHOREDITCH	HACKNEY	HOXTON
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ENTERTAINMENT	DAYS OUT	LOCAL HOTSPOTS
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SHOREDITCH
PARKSIDE

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INSIDE

THREE WAYS TO LIVE AUTUMN

From morning coffee runs to twilight strolls, Shoreditch Parkside reveals the rhythms of autumn through the lives of its vibrant community.

Whether it's a brisk commute, a playground laugh, or a shared glass of wine, each moment tells a story of life lived in sync with the season.

GOING SOLO



09:00AM

Shoreditch Park

It's a slower start to the day than usual, but determined to get your marathon training in, you head to Shoreditch Park for your morning run and press start on your fitness tracker. Then it's straight to Sabretooth to reward yourself with a post-run chai.

NEXT TO SHOREDITCH PARKSIDE



12:00PM

Towpath Café

You make your way down to Regent's Canal, sitting down at Towpath Café, a charming spot at 42 De Beauvoir Crescent. They don't take bookings, just walk-ins, which makes it ideal for a spontaneous solo Sunday lunch. It's also the perfect place for people watching.

5 MINS BY FOOT | 1 MIN BY BIKE

FROM SHOREDITCH PARKSIDE

15:00PM

Rosemary Gardens

With the sun still shining, you decide to spend the afternoon reading. You head to your favourite hidden spot, Rosemary Gardens. Nestled just over the canal from Shoreditch Park, this lesser-known gem offers a peaceful escape from the bustle. You find a secluded patch of grass, perfect for stretching out with a book.

9 MINS BY FOOT | 2 MINS BY BIKE

FROM SHOREDITCH PARKSIDE

BETTER TOGETHER



10:00AM

52A Coffee House

A slow Shoreditch Sunday, just how you both like it. You browse Columbia Road's blooms, linger over art at a tucked-away gallery, then settle into a window seat together at 52A Coffee House. You've both agreed it's the best place to get coffee, where the scent of roasted beans gently wakes you up.

11 MINS BY FOOT | 3 MINS BY BIKE

FROM SHOREDITCH PARKSIDE

13:00PM

Redchurch Street

Hand in hand, you weave through Redchurch Street's boutiques. Between stops, you share a pastry from Jolene and laugh over impulse buys in Shoreditch's most stylish corner. Shopping fatigue sends you into The Owl & Pussycat pub for a much-needed refreshment.

24 MINS BY FOOT | 7 MINS BY BIKE

FROM SHOREDITCH PARKSIDE



10:00PM



Out with the group, someone mentions a place with a name as quirky as the night itself: A Bar with Shapes for A Name. Open until 4am, this Haggerston venue is inspired by the Bauhaus movement and 1920s German art. It's groovy, unexpected, and it's the perfect final stop for a drinks and laughs before heading home together, just round the corner.

9 MINS BY FOOT | 2 MINS BY BIKE

FROM SHOREDITCH PARKSIDE

BRING THE KIDS



10:00AM

Hackney City Farm

Sunday starts with muddy boots and bright eyes at Hackney City Farm. The kids have been begging to go. Now, donkeys, ducks, goats, and the piglets, delight the little ones in the cobbled yard. It's a slice of countryside in the city, perfect for curious minds and a slow, joyful start to the day.

22 MINS BY FOOT | 6 MINS BY BIKE

FROM SHOREDITCH PARKSIDE

14:00PM

The George & Vulture

After a morning of farmyard fun, you wander through Shoreditch's vibrant streets. Lunch is at The George & Vulture, welcoming, relaxed, and full of flavour. Kids tuck into the award-winning Sodo pizza while you enjoy a moment to unwind.

9 MINS BY FOOT | 2 MINS BY BIKE

FROM SHOREDITCH PARKSIDE



17:00PM

Curzon Hoxton

As the day winds down, you head to Curzon Hoxton for a family favourite. With popcorn in hand, you all sink into the plush velvet seats. It's cosy, cinematic, and the perfect way to end a Sunday spent exploring, laughing, and making memories.

10 MINS BY FOOT | 4 MINS BY BIKE

FROM SHOREDITCH PARKSIDE

MENTAL HEALTH

SELF SPACE

150A COMMERCIAL STREET

Since its launch in 2018, Self Space has delivered over 100,000 therapy sessions and earned a place on The Times Alternative Rich List, recognised as one of the UK's leading wellbeing businesses redefining what it means to live richly—beyond financial wealth. Founder Jodie Cariss shares her mission to make therapy feel less like a last resort and more like a regular, accessible part of everyday life.

Self Space has carved out a unique place in the mental health landscape, what inspired you to create a walk-in therapy space on the high street?

When Self Space was first launched, it was clear that there was nothing in the wellness space that reflected a proactive approach of everyday mental maintenance, and that the landscape in general needed a radical overhaul.

As a culture, we tend to look to therapy as a last resort, and instead, we wanted to create something that progressed us towards supporting people to unlock their full potential and give people the opportunity to find glimmers of light, joy and meaning.

We offer 1-1 and duos therapy, mind MOTs, coaching and family therapy for individuals and businesses, with a team of over 140 qualified therapists.



How would you describe the ethos of Self Space in three words?

We're all messy.

Photo by
Hannah Bodsworth

JODIE CARISS
FOUNDER

"Our focus remains the same as it's always been – to make looking after your mental health as normal as getting a flat white."



How do you choose where to open next? Is there a particular community or vibe you look for?

Self Space has always had a home in Shoreditch – we opened our first space there in 2018. Then came Rivington Street, until June this year, when we needed a bigger boat! So, Self Space Social was born...

Self Space Social is a therapist-led, drop-in home for feeling better, learning new ways of being, and connecting with others doing the same.

We host an exciting programme of mental maintenance events, talks and workshops with likeminded partners like Angela Scanlon, Rory Bradshaw, Estee Lalonde, We The Conscious and more.

You've got some exciting events coming up at Self Space Social! Can you tell us more about what's planned.

November is Men's Mental Health Awareness Month so we're partnering with key voices and communities including the brilliant Charlie Dark and Run Dem Crew, to help get men and those that support them together and talking. We'll be getting crafty in December, expanding on the success of our Creative Therapy sessions, exploring everything from grief and loneliness through making and mending.

THESELFSPACE.COM

16 MINS BY FOOT | 4 MINS BY BIKE

FROM SHOREDITCH PARKSIDE

STUDIO SPACE

TRIPSPACE

339 ACTON MEWS



Nestled under railway arches just by Regent's Canal and next to Haggerston station, TripSpace is a vibrant cultural hub in East London, founded by former dancers and yoga practitioners Giuliana Majo and Montse Ventura. We caught up with Montse, TripSpace's co-owner, to find out more.

Can you tell us a little about Trip Space and what makes it unique in the Shoreditch community?

TripSpace has evolved into a dynamic hub where contemporary dance meets holistic wellbeing. From the beginning, we've championed inclusive, non-mainstream expressions of dance and dance improvisation, while also cultivating a strong foundation in yoga and mindful movement. Our mission is to bridge the worlds of dance, yoga, and wellbeing, offering accessible, evidence-informed movement practices that strengthen both individual and collective resilience across East London and beyond.

What inspired the concept behind TripSpace and its programming?

Our vision was to build a space that could hold both the rigour of dance training and the nourishment of holistic practices, encouraging curiosity, experimentation, and connection.

MONTSE CO-OWNER

"Movement has a way of bringing people together beyond words. In a fast-paced area like Shoreditch and Hackney, spaces like TripSpace remind us to slow down, breathe, and connect."

Are there any upcoming events, workshops, or classes this autumn you'd love to highlight?

Yes! Each month we host a rich programme of yoga and dance workshops with our regular and guest teachers.

This autumn, we're excited to welcome:

- Our Gaga Dance session every first Sunday of the month, open to all.
- A Handstand Workshop to build strength and confidence in your yoga practice.
- An Ambient Dance Workshop blending contact improvisation, journaling, meditation, and butoh-inspired scores.
- A Tripsichore Yoga Theatre Workshop, exploring the intersection of yoga and performance.
- A regular yoga class for the over 50s community every Friday.

Any seasonal rituals or routines you recommend for staying grounded and energised this time of year?

Commit to a regular practice, whatever that looks like for you, it's one of the most nourishing ways to stay centred. Autumn is also a wonderful time to try something new, like Strength & Mobility, Pilates, or Breathwork. Exploring different modalities can expand your awareness, renew your energy, and keep both body and mind adaptable through seasonal change.

If TripSpace were a feeling, what would it be?

Connection, with yourself, with others, and with the creative pulse of the community.



TRIPSPACE.CO.UK

9 MINS BY FOOT | 3 MINS BY BIKE

FROM SHOREDITCH PARKSIDE

CHEF'S TABLE

ELEVEN98

HACKNEY PRODUCE

We caught up with Aidan, featured in our last edition, to find out more about seasonal cooking and zero waste cooking tips.

You've spoken about preserving produce to use for months later. What's your favourite preservation technique for autumn ingredients and how do you use it in cooking?

I'd say that my favourite preservation technique is undoubtedly lactofermentation. This is the process that both kimchi and sauerkraut go through. Lactofermentation is achieved by submerging the desired product in a brine solution and maintaining at room temperature. The saltiness of the brine creates conditions in which harmful bacteria can't survive, but the very helpful and flavour enhancing lactobacillus bacteria thrive. Throughout the summer and into the autumn I've been lactofermenting a variety of different bean cultivars, all from the Growing Communities market gardens. They grow the classic fine green beans, as well as purple fine beans and yellow runner beans.

What's the most exciting thing you've sourced recently?

The most exciting thing I've sourced recently was definitely the grapes that I received from the Castle Climbing Centre Garden. Grapes are something that I've never been able to serve on the menu at Eleven98 before, and I'm so very excited for them to make their debut this autumn. The Castle Garden cultivated two different varieties this year - Concorde (a dark and sweet red grape that really reminds me of the "KA Black Grape" flavour fizzy drink I had regularly growing up), and also a green Champagne grape variety that they themselves aren't quite sure the name of. The contrasting flavour profiles of the respective grape varieties will be further amplified by their contrasting colours and textures in the mouth, and will make for the perfect palate-cleansing pre-dessert course.

AIDAN BROOKS
FOUNDER AND HEAD CHEF OF ELEVEN98

"My go-to comfort dish for chillier evenings has to be my wife's 'Kubbeh selek soup' which brings pure comfort, and, for her, a great sense of nostalgia."

What advice would you give home cooks who want to reduce food waste while cooking?

The best advice that I could give to home cooks who want to reduce their food waste is a very simple and easily achievable change, which literally anyone can adapt to. Keep an empty ziplock or sealable bag in the freezer. Then whenever you're prepping vegetables that one might also use in a stock, keep the by-products from this. We're talking things like garlic skins, carrot peelings, potato peels, celery and onion trimmings, the outside layer of spring onions etc - keep them in the bag in the freezer. I also add cooked chicken bones whenever we've eaten chicken, empty corn cobs whenever we've had corn on the cob. Then whenever the bag is full, simply empty it out into a large pot, cover with water, simmer gently for a few hours and you've made yourself a batch of super nutritious and zero waste stock.

What's one ingredient or by-product you think people throw away too often but you've found a way to celebrate it?

My favourite by-product that most people would simply throw away would definitely be tomato vines. A neat little trick that I've been doing for many years is that every time I'm working with such tomatoes, I'll keep the vines and flower stems in a little ramekin, where they'll naturally dry out after a few days at room temperature. Then once I've got a decent collection of dried vines and stems built up, I'll chuck them into a food processor with some salt and whizz them into what I call "tomato vine salt". This can be kept in a jar in the freezer, and pulled out the next time you're working with tomatoes. It's a great zero waste technique, and it also takes your tomato-based cooking to a completely different level.

The concept of the name Eleven98 is really interesting around Hackney's identity, what's a fun fact about Hackney?

I'd have to say that my favourite little titbit of Hackney history has to be discovering that the sixth form college right on Lea Bridge Roundabout was once the site of one of the royal palaces of none other than King Henry VIII. Royalty and noblemen in Hackney - I'd say that's pretty impressive if you ask me!

ELEVEN98.COM

A PERENNIAL DISH AT ELEVEN98

‘CUCUMBER IN MANY GUISES’

Core Components:

The core components are labneh, sprinkled with za'atar and sumac, then some shards of dehydrated pumpernickel bread to provide a brittle crunch texture.

A Multitude of Cucumber Preparations:

1. There are always some little wedges of pickles, as well as a cucumber ketchup made from the aforementioned pickles.
2. A cucumber gazpacho, made with literally just cucumbers and salt for the purest and most unadulterated cucumber flavour.
3. A couple of cucumber crisps, which I make by slicing thin rounds of cucumber on the mandolin and then dehydrating into little chips.
4. A cucumber granita, which provides a frozen component for an extra refreshing hit of cucumberiness.



H O M E W A R E

M U S T

H A V E S



SCP

We're loving the Ernest Pouffe from SCP — the perfect piece to bring a pop of colour, pattern, and softness into the home this season. Pouffes and ottomans are wonderfully versatile, serving as a comfortable footrest, an impromptu coffee table surface, or an extra perch for guests. Ideal for compact city living, they bridge the gap between practicality and playfulness — proof that great design can be both stylish and functional.

SCP.CO.UK

17 MINS BY FOOT | 4 MINS BY BIKE
FROM SHOREDITCH PARKSIDE



GOODHOOD

Almost too beautiful to light, Goodhood's collection of patterned pillar candles and candlesticks from Danish design brand HAY brings artful expression to ambient lighting. Gone are the days of plain white tapers — this season it's all about sculptural silhouettes, bold colours, and playful pattern. Whether glowing softly or standing proud as decorative objects, these candles add a vibrant, design-led touch to any space.

GOODHOODSTORE.COM

21 MINS BY FOOT | 9 MINS BY BIKE
FROM SHOREDITCH PARKSIDE

ELLA BARTON, SUNA INTERIOR DESIGN
EAST LONDON INSPIRATION

"Having lived in London for six years, East London remains my biggest inspiration as a creative — a unique blend of history, creativity, and modern energy. There really is nowhere quite like it."



AIDA

As the cooler months roll in, we're officially entering cheese-board season. This set of cheese knives from AIDA, designed by Dutch brand HK Living, is the perfect companion. With resin handles in mismatched colours and patterns, they add a joyful twist to any tablescape. When it comes to entertaining, it's those small, elevated details in serveware that transform a simple spread into an Instagram-worthy occasion.

AIDASHOREDITCH.CO.UK

16 MINS BY FOOT | 5 MINS BY BIKE
FROM SHOREDITCH PARKSIDE



HACKNEY MUSE

Blending luxury with a touch of whimsy, these champagne glasses from Hackney Muse re-imagine traditional Venetian fluting with sculptural bases and jewel-toned glass. They're show-stoppers in their own right — the kind of glassware that makes even a midweek toast feel like a celebration. As we move into a season of dinner parties and cosy nights in, they're the perfect way to elevate at-home entertaining.

HACKNEYMUSE.COM

28 MINS BY FOOT | 5 MINS BY BIKE
FROM SHOREDITCH PARKSIDE

HOW TO STYLE A HOME

SUNA EDITION

1.

2.

Computer-generated image, for illustrative purposes only.



Looking for inspiration to style your home? Suna Interior Design's vision shines in this home at Shoreditch Parkside, where sculptural seating, layered textures, and playful palettes create a space that feels personal and inviting. Their approach is all about blending comfort with character, offering fresh ideas for anyone dreaming up a new home or simply refreshing a favourite corner.

1. SCULPTURAL SEATING

Seating is no longer just about function. We've seen a major shift away from minimalist, utilitarian forms toward sculptural and expressive silhouettes. A statement chair can instantly transform a dining space into a captivating focal point. Look for designs that blend comfort and craftsmanship — pieces with fully upholstered finishes and sculptural lines, like these chairs at Shoreditch Parkside, where the armrest and legs flow seamlessly into one elegant form.

2. WORK FROM HOME

Working from home has become a permanent part of modern life — and it deserves as much design attention as any other space. The key is to create clear “zones” that help maintain work-life balance, defining spaces that transition easily between professional focus and everyday living. In compact homes, multifunctional furniture such as shelving desks provides both storage and workspace. If space allows, a dedicated desk area can be made inspiring with layered lighting and considered positioning — no one wants to face a blank wall for eight hours. Try situating your desk by a window or adding visual interest with art, shelving, or a pinboard above.

3. STYLE AND COMFORT

The age-old saying “style over comfort” is long gone — today's sofas offer both. When selecting the perfect piece, consider proportions first: seat depth, height, and backrest support all play a vital role in everyday comfort. Fabric choice is equally important — plush velvets and rich jewel tones are having a resurgence, bringing depth and indulgence to a space. Layering in cushions and throws adds a tactile softness and effortless sense of lived-in luxury.

4. WARMTH IN WOOD

Although often seen as a hard material, wood brings a natural warmth and softness that's invaluable in creating balance. While metal finishes lend a contemporary edge to furniture, integrating timber pieces — from sideboards to occasional tables — helps ground a space and introduce a sense of calm. Organic wood forms are also gaining popularity, their curves and grain adding depth, tactility, and a soothing natural feel.

5. RUGS ARE ART

Short on wall space? Think beyond traditional artwork. A statement rug can act as a piece of art in its own right — anchoring a room while injecting pattern, colour and texture. When choosing a rug, ensure harmony between its palette and the rest of your scheme. Geometric and graphic designs lend a contemporary edge, as seen in the Shoreditch Parkside show home, while abstract or painterly patterns create a softer, more tranquil feel.

F O R T H E



ONE CLUB ROW
1 CLUB ROW, E1 6JX

One Club Row, located above The Knave of Clubs, offers a luxurious dining experience with New York-inspired cuisine, elegant Victorian decor, and vibrant modern artwork.

ONECLUBROW.COM

24 MINS BY FOOT | 6 MINS BY BIKE
FROM SHOREDITCH PARKSIDE

C O O L E R

SEVENTÉ
283 HACKNEY RD,
LONDON E2 8NA

A stylish espresso and wine bar that transitions effortlessly from cosy daytime café to intimate evening hangout, with a warm retro vibe.

@SEVENTELONDON

21 MINS BY FOOT | 5 MINS BY BIKE
FROM SHOREDITCH PARKSIDE



N I G H T S



ELLIE'S
428 KINGSLAND RD,
LONDON E8 4AA

Ellie's is Shoreditch's after-dark hideaway. Neon-lit, vinyl-spun, and effortlessly cool. Cocktails flow, the music's always right, and the vibe? Intimate, electric, and perfect for late-night catchups.

@ELLIESBAR_

17 MINS BY FOOT | 4 MINS BY BIKE
FROM SHOREDITCH PARKSIDE

As the evenings draw in and the temperature drops, Shoreditch's cosiest corners call. Think candlelit nooks, velvet booths, and fire crackling in cosy pubs.

THE OWL & PUSSYCAT
34 REDCHURCH ST,
LONDON E2 7DP

A hearty pub with quirky charm, cosy corners, craft beers and a lively garden. Often called the soul of Shoreditch!

@THEOWLPUBSHOREDITCH

23 MINS BY FOOT | 6 MINS BY BIKE
FROM SHOREDITCH PARKSIDE



SHADOWS

OF

As night falls, the streets stir with secrets.
Walk in the footsteps of the vanished and the
condemned, from Ripper alleyways to haunted prison
walls, and hear echoes that refuse to fade.

SHOREDITCH



The Ten Bells Pub

84 Commercial Street

Start your tour at this infamous pub, once frequented by Jack the Ripper's victims. The ghost of Annie Chapman is said to linger near the bar, and staff have reported strange whispers and cold spots.

Christ Church, Spitalfields

Across from The Ten Bells

This 18th-century church looms over the area with gothic grandeur. Legend has it that a phantom bell tolls at midnight, even when the bell tower is empty.

Boundary Estate

Arnold Circus

This peaceful-looking estate hides a darker past. Built on the ruins of the Old Nichol slum, residents have reported eerie children's laughter and shadowy figures darting between the trees.

The Old Shoreditch Station

1 Kingsland Road

Now a café, this was once a bustling train station. Locals claim to have seen a ghostly conductor pacing the platform late at night, waiting for a train that never comes.

St. Leonard's Church

Shoreditch High Street

End your tour at this ancient church, resting place of many Elizabethan actors. The crypt is said to be haunted by a weeping woman in white, mourning a lost love from the stage.

Shoreditch Town Hall

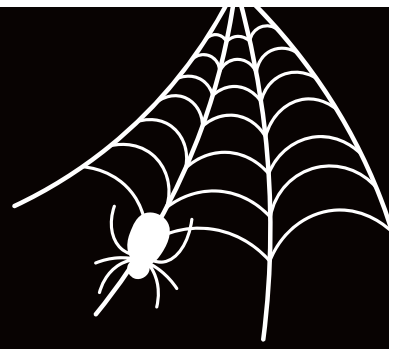
380 Old Street

Once a Victorian-era courthouse, this building is now a cultural venue. But some say the spirits of former prisoners still roam the basement cells. Keep an ear out for ghostly footsteps.

Shoreditch Marketing Suite – Sweet Stop!

Mono Tower

To finish off, treat yourself to a warm welcome with complimentary sweets and treats, perfect for a breather and a browse before heading home.



F R I G H T

N I G H T

F I N D S



DARKFIELD **QUEEN ELIZABETH OLYMPIC PARK**

An immersive audio theatre with four surreal experiences in containers exploring dreams, quantum realities, memory, and free will. Perfect for a Halloween fright. Running 7 October – 2 November.

[DARKFIELD.ORG/LONDON2025](https://darkfield.org/london2025)

35 MINS BY FOOT | 22 MINS BY BIKE
FROM SHOREDITCH PARKSIDE

RICH MIX CINEMA **BETHNAL GREEN ROAD**

J-Horror Halloween. At Rich Mix, Japanese Film Club screens cult classics like 'Audition', where twisted tales, eerie vibes, and cinematic nightmares await.

[RICHMIX.ORG.UK](https://richmix.org.uk)

25 MINS BY FOOT | 7 MINS BY BIKE
FROM SHOREDITCH PARKSIDE

THE JAGO, DALSTON **440 KINGSLAND RD, LONDON E8 4AA**

Otonowa #2. Expect Japanese DJs and global grooves ignite The Jago's Halloween. Soulful sets, Balearic beats, and late-night dancefloor magic.

[THEJAGODALSTON.COM](https://thejagodalston.com)

17 MINS BY FOOT | 4 MINS BY BIKE
FROM SHOREDITCH PARKSIDE

THE VIKTOR WYND **MUSEUM OF CURIOSITIES** **11 MARE ST, LONDON E8 4RP**

Open year-round, Viktor Wynd Museum overflows with eerie oddities, occult relics, and bizarre exhibitions. London's ultimate spine-chilling Halloween destination for curious souls and thrill seekers.

[THELASTTUESDAYSGOCIETY.ORG](https://thelasttuesdaysociety.org)

29 MINS BY FOOT | 8 MINS BY BIKE
FROM SHOREDITCH PARKSIDE

ART PLAY SPITALFIELDS **3 NORTON FOLGATE, LONDON E1 6DB**

Why not try something different this Halloween? ArtPlay's Pumpkin Carving Workshop in Shoreditch lets you or the little ones create your own unique pumpkin masterpiece.

[ARTPLAY.CO.UK](https://artplay.co.uk)

26 MINS BY FOOT | 8 MINS BY BIKE
FROM SHOREDITCH PARKSIDE

NOW LAUNCHED

ENJOY YOUR CURIOUS SIDE.
ENJOY YOUR CULTURAL SIDE.
BE PART OF SHOREDITCH PARKSIDE.

PARKSIDE PLACE

A COLLECTION OF ONE, TWO
& THREE BEDROOM APARTMENTS WITH
VIEWS OVER SHOREDITCH PARK.

With resident facilities including concierge and
roof terrace with far reaching views.

SHOREDITCH
PARKSIDE

In partnership with
Hackney



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